

WHAT IS CLAIMED IS:

1. A track for use in a building framing system, the track comprising:
 - 5 a web that extends in a longitudinal direction; and
one or more deformable legs which extend from the web
and which extend along at least a portion of the web in the
longitudinal direction, each deformable leg comprising a
deformable portion located between the web and a distal edge of
10 the leg;
wherein deformation of the deformable portion of each leg is
accompanied by relative movement of the distal edge of the leg in
a direction that is at least one of: towards the web and away from
the web.
- 15 2. A track according to claim 1 wherein a section of each
deformable leg that includes the deformable portion consists
essentially of a unitary piece of material.
- 20 3. A track according to claim 2 wherein the deformable portion of
each leg comprises at least one deformable groove that extends in
the longitudinal direction, the deformable groove being at least
one of: compressible in a direction orthogonal to the longitudinal
direction and expandable in a direction orthogonal to the
25 longitudinal direction.
4. A track according to claim 3 wherein each deformable groove
comprises a first angled groove portion that extends from a bend
in an upper portion of the leg, a second angled groove portion
30 that extends from a bend in a lower portion of the leg and a
central groove portion that extends between bends in the first and
second angled groove portions.

5. A track according to claim 4 wherein, prior to deformation, an angle between the first angled groove portion and the upper portion of the leg, an angle between the second angled groove portion and the lower portion of the leg, an angle between the first angled groove portion and the central groove portion and an angle between the second angled groove portion and the central groove portion are all in a range between 105° and 165° .
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6. A track according to claim 4 wherein each deformable groove is compressible to a relatively compressed state and wherein, in the relatively compressed state, an angle between the first angled groove portion and the upper portion of the leg, an angle between the second angled groove portion and the lower portion of the leg, an angle between the first angled groove portion and the central groove portion and an angle between the second angled groove portion and the central groove portion are all in a range between 60° and 150° .
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7. A track according to claim 4 wherein each deformable groove is expandable to a relatively expanded state and wherein, in the relatively expanded state, an angle between the first angled groove portion and the upper portion of the leg, an angle between the second angled groove portion and the lower portion of the leg, an angle between the first angled groove portion and the central groove portion and an angle between the second angled groove portion and the central groove portion are all in a range between 120° and 180° .
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8. A track according to claim 3 wherein each deformable groove comprises a first angled groove portion that extends from a bend in an upper portion of the leg and second angled groove portion
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that extends from a bend in a lower portion of the leg, the first and second angled groove portions extending to meet one another at a groove bend.

- 5 9. A track according to claim 8 wherein, prior to deformation, an angle between the first angled groove portion and the upper portion of the leg and an angle between the second angled groove portion and the lower portion of the leg are both in a range between 105° and 165° and an angle between the first and second angled groove portions is in a range between 30° and 150° .
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10. A track according to claim 8 wherein each deformable groove is compressible to a relatively compressed state and wherein, in the relatively compressed state, an angle between the first angled groove portion and the upper portion of the leg and an angle
15 between the second angled groove portion and the lower portion of the leg are both in a range between 90° and 150° and an angle between the first and second angled groove portions is in a range between 0° and 120° .
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11. A track according to claim 8 wherein each deformable groove is expandable to a relatively expanded state and wherein, in the relatively expanded state, an angle between the first angled groove portion and the upper portion of the leg and an angle
25 between the second angled groove portion and the lower portion of the leg are both in a range between 120° and 180° and an angle between the first and second angled groove portions is in a range between 60° and 180° .
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12. A track according to claim 3 wherein each deformable groove is resiliently deformable.

13. A track according to claim 3 wherein each leg comprises a flat portion between its deformable groove and its distal edge, the flat portion providing a surface to which one or more studs may be coupled.
- 5 14. A track according to claim 3 wherein the one or more legs comprise a pair of spaced apart legs which extend from the web to define a channel therebetween.
- 10 15. A track according to claim 14 wherein each deformable groove projects into the channel.
16. A track according to claim 14 wherein each deformable groove projects outwardly from the channel.
- 15 17. A track according to claim 3 wherein each deformable groove comprises at least one edge portion that is arcuate in cross-section.
- 20 18. A track according to claim 2 wherein the deformable portion of each leg comprises a plurality of deformable grooves, each deformable groove extending in the longitudinal direction and each deformable groove being at least one of: compressible in a direction orthogonal to the longitudinal direction and expandable in a direction orthogonal to the longitudinal direction.
- 25 19. A track according to claim 2 wherein the deformable portion of each leg comprises at least one bend which extends in the longitudinal direction and which is at least one of: compressible to reduce its interior angle and expandable to increase its interior angle.
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20. A track according to claim 2 wherein the one or more legs
comprise a pair of spaced apart legs which extend from the web
to define a channel therebetween and wherein the deformable
portion of each leg comprises a curved bend of the leg, the curved
5 bend having an interior angle greater than 90° and curving toward
an interior of the channel.
21. A track according to claim 2 wherein the track consists essentially
of a unitary piece of material.
- 10 22. A track according to claim 2 used in a wall of a building, the wall
comprising an opposing track and one or more studs, each stud
extending between and coupled at its opposite ends to the track
and to the opposing track.
- 15 23. A track according to claim 22 wherein a first portion of each stud
is coupled to the one or more legs of the track between the
deformable portions and the distal edges of the one or more legs,
such that relative movement of the stud toward the web causes
20 compression of the deformable portion of each leg.
24. A track according to claim 22 wherein a first portion of each stud
is coupled to the one or more legs of the track between the
deformable portions and the distal edges of the one or more legs,
25 such that relative movement of the stud away from the web causes
expansion of the deformable portion of each leg.
25. A track according to claim 22 wherein the one or more legs of the
track comprise a pair of spaced apart legs which extend from the
web to define a channel therebetween.
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26. A track according to claim 25 wherein each leg of the track comprises a flat portion located between its deformable portion and its distal edge and wherein a first end portion of each stud extends into the channel and is coupled to the flat portion of each leg.
27. A track according to claim 25 wherein the channel is a downwardly opening channel.
28. A track according to claim 25 wherein the channel is an upwardly opening channel.
29. A track according to claim 22 wherein an opposing end portion of each stud is coupled to the opposing track in a manner that does not permit substantial relative movement between the stud and the opposing track.
30. A track according to claim 22 wherein the opposing track is substantially similar to the track and an opposing end of each stud is coupled to the opposing track in a manner that permits relative movement between the stud and the opposing track.
31. A track according to claim 1 wherein the deformable portion of each leg comprises an elastic member.
32. A track according to claim 31 wherein each elastic member is fabricated separately from the track and subsequently coupled to the corresponding leg of the track.
33. A track according to claim 1 wherein the deformable portion of each leg comprises at least one bend which extends in the

longitudinal direction and which is at least one of: compressible to reduce its interior angle and expandable to increase its interior angle.

- 5 34. A track according to claim 33 wherein the at least one bend associated with each leg comprises at least one deformable groove that extends in the longitudinal direction, the deformable groove being at least one of: compressible in a direction orthogonal to the longitudinal direction and expandable in a direction orthogonal to the longitudinal direction.
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35. A track according to claim 34 wherein each deformable groove is resiliently deformable.
- 15 36. A track according to claim 34 wherein the one or more legs comprise a pair of spaced apart legs which extend from the web to define a channel therebetween.
- 20 37. A track according to claim 36 wherein each deformable groove projects in a direction that is one of: into the channel and outwardly from the channel.
- 25 38. A track according to claim 34 wherein each deformable groove comprises at least one edge portion that is arcuate in cross-section.
- 30 39. A track according to claim 33 wherein the at least one bend associated with each leg comprises a plurality of deformable grooves, each deformable groove extending in the longitudinal direction and each deformable groove being at least one of: compressible in a direction orthogonal to the longitudinal

direction and expandable in a direction orthogonal to the longitudinal direction.

- 5 40. A track according to claim 34 wherein a section of each deformable leg that includes the deformable portion consists essentially of a unitary piece of material.
- 10 41. A track according to claim 1 wherein each deformable leg consists essentially of a unitary piece of material.
- 15 42. A track according to claim 1 wherein a section of each deformable leg that includes the deformable portion comprises a sheet of material having at least one bend which extends in the longitudinal direction and which is at least one of: compressible to reduce its interior angle and expandable to increase its interior angle.
- 20 43. A track for use in a building framing system, the track comprising an elongated member that extends in a longitudinal direction and a pair of legs that extend from the elongated member at spaced apart locations and along at least a portion of the elongated member in the longitudinal direction to define a channel therebetween, at least one of the legs having a deformable portion located between its distal edge and the elongated member.
- 25 44. A track according to claim 43 wherein the deformable portion extends in the longitudinal direction and is at least one of: compressible to reduce a dimension of the deformable portion in a direction orthogonal to the longitudinal direction and expandable to increase the dimension of the deformable portion in a direction orthogonal to the longitudinal direction.
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45. A track according to claim 43 wherein a section of the at least one leg that includes the deformable portion comprises a unitary sheet of material and the deformable portion comprises at least one bend in the sheet of material.

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46. A track for use in a building framing system, the track comprising:

a longitudinally-extending web;

one or more legs which extend from the web; and

10 means for permitting deformation of the one or more legs to accommodate relative movement between distal edges of the one or more legs and the web in a direction substantially orthogonal to a plane of the web.

15 47. A method for providing relative movement between a track and one or more studs in a building framing system, the method comprising:

providing a track having a web which extends in a longitudinal direction and one or more legs which extend from the web and which extend along at least a portion of the web in the longitudinal direction;

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rigidly coupling a first end of the one or more studs to the one or more legs; and

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deforming the one or more legs to permit relative movement of the one or more studs in a direction that is at least one of: toward the web and away from the web.

48. A method according to claim 47 wherein deforming the one or more legs comprises resiliently deforming the one or more legs.

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49. A method according to claim 47 wherein each leg of the track comprises a deformable groove and wherein deforming the one or more legs comprises at least one of: compressing the deformable groove; and expanding the deformable groove.